



# Aiki Budo Centre Newsletter

(September 2008)

## Adult Class Times Aiki Budo North

### Monday

6:30-8pm Adolescents 12 &  
Older with Adult Participation

### Tuesday

7-8pm PUC/Beginners Class  
7-8pm Weapons Training  
8-9pm Intermediate Belt Levels

### Wednesday

6:30-8pm Adults Open Class

### Thursday

7-8:30pm Advanced Level  
Class

### Saturday

10-11am Adult Open Class  
11am-12noon Weapons

### Sunday Weapons Class

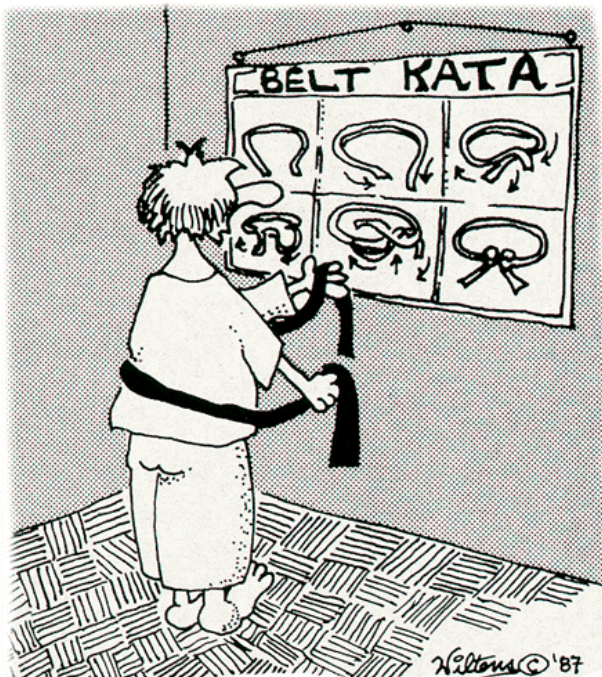
12:00 noon to 1:00 pm

Note: this class is not at  
CHOCC

see Matt Knight  
for details

## Visit our Website

[www.aikido.on.ca](http://www.aikido.on.ca)



Clarence Wimple discovers that a home-study course in the martial arts is more difficult than he originally anticipated.

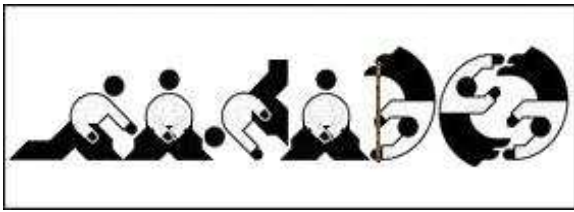
This issue brought to you by *Christine Earl*

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I'm happy to hand the newsletter baton over to *Thérèse Pickersgill*!. To contribute to the next issue of Aiki Budo Centre Newsletter, please see **Thérèse**!

**Cindy Cliften** has volunteered to answer questions regarding nutrition. Please send your questions to Cindy and we will publish the questions and answers in the newsletter.



## The Room by Kevin Love

The room is dark and brooding except for a faint sheen on the chequered tile floor, a hint of potentiality. Someone enters and opens the door to a storage room on one side, cutting off the dim gloaming that enters from the plate glass window. The closet is dark and musty, and the suggestion of a square, hulking shape looms inside.

He snaps on the light to reveal a row of *tatamis* stacked on end like dominoes. Sighing, he reaches for the first one, leans it against his shoulder and carries it into the dark room. He has forgotten to turn on the light. Juggling the mat on one arm, he sidles over to the switch, and flips it on with his free hand.

Shuffling across the room, now bright in the hard fluorescent light, he drops his burden in the corner and fusses over its placement like a roofer laying in a row of shingles.

It has begun.

Another person enters the room and says, "Aren't you done yet", grinning broadly. He's happy to be there and they trade friendly jibes as they carry and place *tatami* after *tatami*, kicking them gently into alignment with their feet.

The room is changing in the face of camaraderie, the energy light and anticipatory.

Now there are several people lugging mats out of the closet. They're all cheerful, exchanging light-

hearted complaints about sore backs and having to work between meals.

A few are wearing *dogis* and begin stretching and warming up on the mats. The others leave to change into their uniforms. Someone hangs the picture of *O'Sensei* with great deference and respect.

The room feels bright and alive now; all vestiges of dark brooding are gone. It has become a *dojo*, a place where everyone is your friend and all strive to be at their best.

It is a wondrous transformation.

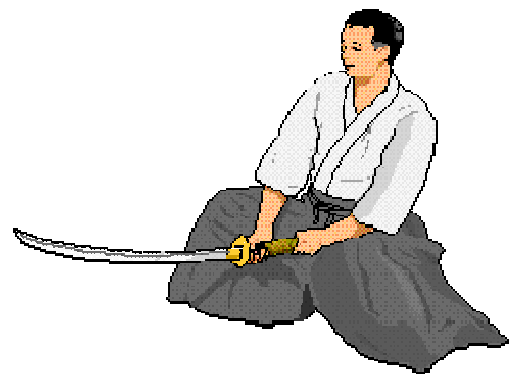
The class bows in, and the next hour is sweat, harmony and acrobatics. Expectations are exceeded and barriers crumble in the face of earnest endeavour.

The air hums with positivity.

Finally the class lines up, drained in body yet full in spirit, moves into *seiza*, and bows out. They put the mats away, revealing the bare floor, and gradually the closet is filled.

The light is turned off and the room returns to waiting.

合  
氣  
道



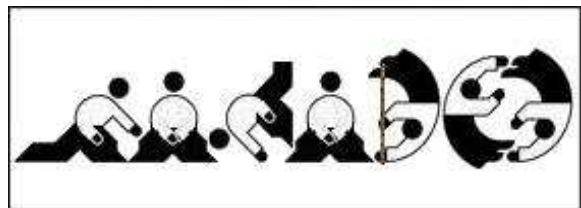
## Dojo Etiquette

*Contributed by Thérèse Pickersgill*

- 1. Students should assemble at least five minutes before the class is scheduled to start.**
- 2. Students who are late must warm up off the mats and sit in seiza (kneeling) at the back of the class until the instructor of the class invites them into the class. Also, if it is necessary to leave before the end of class, students must ask the instructor for permission.** This is to show respect for the instructor, permission will always be granted.
- 3. Students must keep their finger and toe nails short and clean.** Long/dirty finger and toe nails are a hazard to everybody.
- 4. Aikido involves very close contact between students. Therefore, good personal hygiene is a must. Students are asked to keep themselves and their uniform clean and fresh.** If you only have one uniform and don't have time to wash it between classes, please spray it with Febreze or a similar product (this is NOT an alternative to regular washing). Also, if you sweat a lot, please keep a towel in your dogi to wipe yourself off during class.
- 5. Students are not to wear jewelry of any kind.** Earrings, rings, necklaces, bracelets, etc. can pose a hazard to other students, the tatami (mats) and the person wearing the jewelry. If you have a piercing which cannot be removed, please cover it with a band-aid or tape.
- 6. When the instructor is speaking, sit properly and pay attention.** There are only two acceptable ways to sit: seiza (kneeling) and anza (cross legged). Seiza is preferable. Anza is acceptable if you have a knee or ankle injury. Please inform sensei of your injury, otherwise you will be expected to sit in seiza. While sitting in either style, sit up straight and pay attention to what sensei (teacher) is saying and doing. They are speaking for your benefit.
- 7. When students are told to line up, spread out for warm-ups, find a training partner etc., run, as anything else cuts into training time.**
- 8. The tatami (mats) are taken out and put away before and after class. Students are responsible for helping out.** If you cannot come early enough to take out the mats, please stay ten minutes after class to help put them away.
- 9. Complete uniforms are preferred.** Our study is a formal one, and the completeness of our dress reflects the attention we give to our study. A complete uniform also affords greater protection to our bodies.
- 10. If you start bleeding, please inform the instructor and clean it up immediately.** Wipe the mats with a wet towel and wash your wound and cover it up.
- 11. Care should be taken to be aware of the ability of your partner so that no injuries occur.** Your partner is not an opponent, you need each other to learn and practice.

It is requested that students inform sensei of any special needs. We can't help you if we don't know there is a problem.

This is community club and is therefore more relaxed than other clubs, but it is important to remember that Aikido is a martial art, not a sport. Please adhere to these points of etiquette; they are here to assist us in safe practice of Aikido. Have fun, but also have respect for your instructors and fellow students.



## Who does what around the Dojo?

### Chief Instructor (Dojo Cho, responsible for curriculum, training regime):

Jaimie Sheppard 5<sup>th</sup> Dan

### Beginners Program (PUC, New members)

Head Instructor: Greg Gruninger 4<sup>th</sup> Dan

Assistant: Joe Sebastiao 2nd Dan

### Children's Program (PUC and all Children's curriculum)

Head Instructor: Steven Chau 4<sup>th</sup> Dan

Assistant Instructor: Jon Oaker 2nd Dan

### Weapon's Program (curriculum @CHOCC and at Church location)

Head Instructor: Christine Earl 3<sup>rd</sup> Dan

Assistant Instructor: Mathew Knight 2nd Dan

### In class-Assistant Instructors

Thérèse Pickersgill, 3<sup>rd</sup> Dan

Bob Brown, 2<sup>nd</sup> Dan

Ed Vivoda, 2<sup>nd</sup> Dan

### University of Western Ontario Outreach

Chris Wilson, 2<sup>nd</sup> Dan

Jonathan Clifffen, 2<sup>nd</sup> Dan

## Test Results - Congratulations to:

Name	New Rank	New Belt
Sandi Miles	9th kyu	yellow <u>w</u> stripe
Grant Fisher	9th kyu	yellow <u>w</u> stripe
Marvin Rayla	9th kyu	yellow <u>w</u> stripe
Ian Middlekemp	9th kyu	yellow <u>w</u> stripe
Amanda Copplestone	8th kyu	yellow
Paul Dykstein	7th kyu	orange <u>w</u> stripe
Russell Cross	7th kyu	orange <u>w</u> stripe
Rebekah Voege	6th kyu	orange
Zol Chuluundorj	6th kyu	orange
Eliot Priddehl	5th kyu	green <u>w</u> stripe
Rebekah Sotke	3rd kyu	brown <u>w</u> two stripes
Kevin Love	1st kyu	brown

## Aiki Budo Centre Ingersoll

Chief Instructor/Dojo Cho: Hiro Ishihara, 2<sup>nd</sup> Dan

Assistant Instructor: Joe Sebastiao, 2<sup>nd</sup> Dan

### Test Dates, Forms and Fees

Testing Coordinators: 9<sup>th</sup> to 1<sup>st</sup> kyu

Chris Wilson and Jonathon Clifffen

Yudansha Coordinator: Christine Earl

### Dues Payments

Adults and children: Jon and Cat Oaker

### Buying Childrens Uniforms or Club t-shirts

Jon and Cat Oaker \$20 for used gi, \$5 with trade-in of old one, \$10 each for top or bottom

### Buying Weapons (Bokken, Tanto)

Christine Earl, Mathew Knight, Jon Oaker

Bokken \$25 (oak) \$35 (ash)

Tanto \$10

### Concerns, Suggestions and Ethics

Christine Earl, Bob Brown

### Questions about Etiquette or Discipline

Joe Sebastiao

### Advertising, Promotions and Morale

Douglas Glover

## Upcoming Events – Holiday Party!

Date: Saturday, Dec 20<sup>th</sup>

Time: 9:30 am -12noon (instead of morning classes – don't wear your Gi!).

Activities include: balloon animals, face-painting, Tattoo's, Bunny Wars, Crafts, Potatoe Heads, and of course Aiki Santa will pay a visit.

This event is open to: all of our child members, and their siblings, children and grandchildren of adult members. All children 12 and under will receive a gift but must be registered! **Please provide children's names, gender and age to Cat Oaker over the next few weeks.**

As the event comes closer we will be looking for volunteers to help and a sign up list for pot luck snacks will be posted. More details will be available in upcoming newsletters!